The Hydrogen Hack: Modulating Cognitive Function, Oxidative Stress, and Inflammation with H2 Transcript

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Introduction to the Practice Upgrade Summit

Hello, everybody. This is doctor Bob Hoffman from the Master Circle Global, and I want to welcome you on to the Practice Upgrade Summit. We are fully committed to upgrading your practice, upgrading you, upgrading your results.

Today we're going to have a very interesting and very important conversation about modulating cognitive function, oxidative stress and inflammation with molecular hydrogen.

This is really a cutting edge topic, something you're absolutely going to want to pay attention to and something you're going to want to engage with. Our guest today is none other than Doctor Paul Bower, Ontario, who has lectured over the last 20 years on the prevention of biology.

I guess that's another way of saying he's committed to wellness over the last 11 years. Paul has focused his lectures on molecular hydrogen and how it increases cognitive brain function, reduces oxidative stress, and reduces inflammation.

You will be stunned to learn that there are over 750 studies showing how oxygen, how hydrogen benefits more than 170 diseases, and every single organ in your body.

Today we're going to learn how molecular hydrogen can significantly help your patients and how it perfectly complements your care plans. Welcome onto today's call, Doctor Paul.

It is such an honor to have you with us today. It's such an honor to be here. Thank you. Bob. So. So let's get right to the core of this. How does hydrogen water differ from all other types of water, including alkaline water?

So, interestingly enough, alkaline water, the reason that it had benefits in the first place was the hydrogen gas that was dissolved. And in alkaline water.

This is a by process in hydrogen water. It's the entire purpose.

Hydrogen Water vs. Alkaline Water

So the difference is we don't have to have the issues that come from the higher pH in the body, which, buffer stomach acid and forces the body to produce hydrochloric acid, which for many people producing HDL is a burden.

So years ago I obviously had and sold many hundreds of thousands of machines that changed pH and water. But by 2009, I really came to understand that it was the hydrogen gas that was dissolved that played the role, or it was the mechanism for healing.

And then there was one other thing, which is the electrical potential of the water itself also had tremendous benefits. And so I decided, why not just focus on the aspect of the water that's actually improving health and and stop or discontinue changing the pH of the water that can have negative ramifications in the body.

So basically, alkaline water can have sometimes positive and sometimes negative ramifications, but hydrogen infused water always has just positive. That's correct.

And and most of the most of the machines on the market that are altering, they'll only have the capability of dissolving hydrogen gas H2 for only 2 to 4 weeks, depending on how hard the water is or how many told to

dissolve.

Solids are in the water. Because those minerals will bond to the electrodes, the cathode in particular in the machine. And once the minerals bond to the cathode, you can no longer dissolve the hydrogen gas because the bubbles are too large.

So this is one of the major weaknesses in alkaline machines is the fact that they have buildup of minerals on the electrodes. Well, Paul, what got you started on this quest in the first place?

It was my wife. My wife? I've been married 26, be 27 years and next February, 2021 and, you know, I love my wife. She's the most important person to me in the world.

And she was suffering from anemia. She had hypothyroid issues. She had gynecological issues. Just many things going on. And I was looking for ways to help her.

And so by instituting this kind of water in her life over a six month period, her menstrual cycle was normalized. And so it was huge for me. At the same time, I was focusing my patient treatment on diabetic foot and ankle and trying to prevent the Kubernetes ulcers and amputations.

But I began giving those individuals with diabetes the water and within not 100%, but a high a vast majority, high percentage of them would normalize in 3 to 5 days.

And this just boggled my mind because I wanted to understand what the mechanism was, because I was like, Holy cow, this can change the world. You know, this can really change people.

And so that's what really got me passionate about this way back years ago, 15 years ago, in wanting to really share the message is because I just said to myself, Holy cow, yes, we're preventing amputations, but what if we could modulate the pathology?

What if we could change these individuals so they don't have microvascular microvascular issues, all the different issues that come from complications of diabetes, you know, mellitus.

Personal Motivation and Clinical Observations

And the reality is, watching my wife's life change, where she was no longer one week in bed per month, she was actually out and enjoying life more. And it really caused me to want to share that message and educate others.

Now, at the time, you were a practicing naturopath, but you've always been committed to trying to prevent the biology and create wellness. And I guess because of your wife circumstance, it drove you or focused you on to this path?

Yes. So I was a pedal assist as well. That was where I my focus at the time was ankle and down. So I was what's called a podiatrist. So again, specialist for foot and ankle, for diabetic, for an ankle.

But the reality is I, again, it drove me to want to help others because there are too many people that have diabetes, just too many people that have thyroid issues.

There's too many people that, you know, have all kinds of issues. And and really what I learned was that oxidative stress and inflammation was the leading cause of all these diseases, not just 1 or 2.

But really as you study oxidative stress and inflammation, that is the leading cause of disease. Now we call diseases by the compartment in the body that they affect or organ or whatever.

But it's oxidative stress and inflammation. And I personally believe strongly that it all stems from gut dysfunction. That's where the disruption comes in the body from an antioxidant perspective and from an immune function

decline.

It's it all starts with the bacteria in the gut not being proper, the biome and the terrain of the gut not being proper. And so many people are walking around with gut dysfunction.

Well, what are we really saying? We're saying that they're living with 20, maybe to 30% of immune function. Imagine if we can get them up to normal immune function, what their body could do.

And so when I understood all of these things, it was like, Holy cow, we can affect people and all kinds of pathology. And of course, as you know, as you mentioned earlier, we now have hundreds and hundreds and hundreds of studies showing the effects on 170 human disease models. Why?

Because those diseases come from oxidative stress and inflammation. And all of these studies have proven and shown very strongly that hydrogen reduces oxidative stress and inflammation.

That's great. You know, fortunately, the cancer, the the conversation about the gut microbiome is becoming more and more prominent in the news in the medical literature and in research.

You know, we know about the gut brain axis. The connection between the gut and the brain is through the vagus nerve. And it it's a two way path. You know, the gut dramatically influences the brain, and the brain definitely influences the gut.

And since almost all problems that are oxidative stress and inflammation cause cognitive impairment, neurological dysfunction, healing the brain, healing the oxidative stress, healing the inflammation has to be involved in the gut.

And clearly, you know, hydrogen infused water is the perfect environment to begin to heal that gut. How does it go about healing the gut? Does it kill off the bad bacteria and viruses?

Does it help the good bacteria and viruses flourish? Does it do both? How does it do that? Great question. It one of the things that I instituted. So let's let's back up.

The body naturally was designed by the creator to produce hydrogen gas. When we look at the normal function of a healthy gut, when if we have the correct anaerobic microflora or what we call hydrogen trucks, which are a type of bacteria in the gut that consume fiber, beneficial fibers, water soluble fibers, as well as short foods that are converted or broken down into short chain fatty acids.

Medium chain fatty acids, those are those are all converted into hydrogen gas. And in the gut we should be able to, on a daily basis, produce 10 to 12l of hydrogen gas.

In our gut. We call it flatulence, right. You got a number of different gases, but one of them is hydrogen. And we have, you know, several others each for meth.

You know, all kinds of gases that can come. But hydrogen is produced in the gut.

Gut Health, Oxidative Stress, and Inflammation

Now, 30% of that hydrogen produced is consumed by the gut bacteria themselves as energy, our food, the other 70% goes into the body, reduces oxidative stress, inflammation, all these kind of things, modulates mostly modulates pathways, especially antioxidant pathways.

Well, when we have a disruption in the gut bacteria and the biome itself, now you flip a switch polarity wise and the electrical potential of the tissue in the gut itself.

And then you can end up having more aerobic bacteria, which immediately you have anxiety, stress, you have sugar cravings, carb cravings, all the wrong type of foods because the bacteria want that food.

So what I have focused on, there was a study that I read from Russia years ago showing that if we change the electrical potential of the tissue itself in the gut, the epithelial tissue of the gut to a -300 millivolts or or 400, for example, then what we do is we selectively stimulate anaerobic microflora.

So when I understood this, I said, Holy cow, when I'm making this machine, developing this machine, the water coming out needs to have a negative electrical potential.

So we call it oxidative reduction. Oxidation reduction potential. So the water coming out of the of our machine has a -450 millivolts of electrical potential.

When that gets into the gut, it changes the tissue electrical potential and then selectively stimulates anaerobic microflora. And we can see and the person can feel the change in their gut within the first few days. And as soon as they start drinking the water, you start increasing immune function.

And so this is huge. This is huge for individuals with gut issues with, you know, IBS type things. These kind of things where people have got issues. But imagine by simply drinking water, you can change the terrain or the biome of the gut.

And once you do that, you change so much and it's become very passionate. Another aspect of this, it's highly passionate for me is the fact that we're modulating immune function.

It's not the hydrogen itself, it's the electrical potential of the water that comes out of our machine. But once you rehab the gut, now it can produce hydrogen again.

As it's supposed to. That's awesome Paul. Just awesome. Thank you. Has a of the 750 studies so far. Have any of them focused specifically on how the hydrogen infused water impacts the vagus nerve itself, or is it all been about the gut itself?

Well, so that's a good question. Of the 750 studies you're showing, every organ, you're showing 170 human diseases from nonalcoholic liver, you know, fatty disease, all these all these, kind of diseases.

Imagine they did a study on nonalcoholic fatty liver disease. And when people were drinking the water, they weren't accumulating fat. You know, we have we have studies on concussions.

We have studies on sexual drive in mice. I mean, it's it's very interesting. Out of 750 studies and 300 articles, it's amazing what we talk about from a nervous perspective, from a brain perspective.

I don't know that there's one on the vagus nerve, but there there are very strong studies on neurologic function in general. And yeah, it has to be it.

Yeah, it's impossible to help 170 different diseases, the gut microbiome, neurological function inform inflammation is controlled by the vagus nerve. It's impossible without there being some positive effect on the vagus nerve itself.

Yeah. No, you're exactly right. And and one thing that's interesting, hydrogen itself doesn't do the heavy lifting. What it does is it signal modulates many other pathways.

They have identified over 200 biomolecules that are signaled by hydrogen. But it's the second messenger. It's typically doing the work. So for instance with the brain function how we get such strong neurologic.

And there's studies on Parkinson's, Alzheimer's, autism, bipolar, schizophrenia I mean all these pathologies, there's actually studies on them. And what they're finding is normally when you have a gut that's functioning properly, you would produce ghrelin secretions, gastric ghrelin we know about most people know about leptin, but they don't really know as much about ghrelin.

And you're supposed to produce ghrelin in the gut. Well, when the gut is dysfunction, you're not going to produce

ghrelin. So you end up with neurologic issues.

When you drink water with hydrogen gas dissolved in it, it's selectively stimulates in the stomach and in the gut. Gastric ghrelin. Well, that goes directly to the hippocampus, the hypothalamus in the brainstem to modulate all these neurologic function.

And so that's why you have such a huge neurologic improvement. Cognitive increase is because of ghrelin secretions. It sounds so obvious and so simple.

And yet it's probably so simple that people overlooked it forever until you stumbled across it and really dug into it. But I think it's just awesome. Of all the things that hydrogen and hydrogen gas does.

Paul, what are like the three things for the people watching this? What are the three things that hydrogen does best? It reduces oxidative stress and inflammation, which is the leading cause of disease.

And why is that so important? It's the leading cause of disease. So all disease is caused by oxidative stress and inflammation. So let's let's understand oxidation in the body is life sustaining.

So we have to have oxidation and reduction. These are two very powerful forces in the body that cause homeostasis when they're in balance. The problem is when the gut is dysfunctional or when the antioxidant system is not able to counteract the radicals that are produced in the body, then we end up with oxidative stress.

When oxidative stress and inflammation come. This is when system failure occurs. So we want oxidation. We need oxidation. But we definitely don't need oxidative stress because that's when our cells start shutting down.

This is when our body inflammation gets out of hand. We start having disease models. So having hydrogen in the in the body will reduce this back into a normal range so that we don't have oxidative stress.

We just have oxidation which is again normal a natural major issue. The next thing would be the gut repair. So we can repair the gut. We can have proper immune function.

Well this is our military. This is how our body protects itself is the immune function.

Brain Function, Ghrelin, and Neurologic Benefits

So having increased having decreased oxidative stress and inflammation, increased immune function and increased cognitive function or brain function, those are the three things I would say in 10s or less are the reasons why you should in your patients, should be drinking water with hydrogen gas.

Okay. That's great. That's just so concise. So to the point. It's so powerful. You know, I've heard the metaphor of oxidative stress is metal rusting.

Or when you slice open an apple as an example, how it's slowly but continuously starts to turn brown. That's the stress of once it's exposed, the oxygen.

But that's what's going on internally in every cell in our body. When there's oxidative stress. Right? Yeah. Exactly. Right. It's the basis of how we age prematurely instead of aging gracefully.

Know you're 100% correct. We should not be aging more rapidly. One of the studies I really love is on telomerase or what's called telomere length Sirt one and what's amazing is when people are drinking the hydrogen water, the telomere length is increased and the the telomeres in general are increased, which tells us that we're we're producing anti-aging effects in the body because the length of the telomeres at the end of your DNA strands is everything about anti aging.

So what's amazing is every single study that's been done shows and proves that hydrogen is mission critical in the

body. And if everyone's gut was working properly, I'd find something else to do.

But because there's so much gut dysfunction and it's constant between the different things we take into our body, there's a need for people to continue to drink this so that you are continuing to repair the damage, because most people are not eating 100% organic diet, most people are not living a stress free life.

Most people have these assaults on the body constantly, whether it be heavy metals, pesticides form, you know, different issues that are coming in that destroy the gut biome.

We we need to continue to keep that up so that we have the energy, mitochondrial function, brain function, on and on it goes. And so, you know, I would just tell people that this is from a practitioner perspective and from a doctor of a medical professional.

The science with 45 human studies and 750 studies in general in ten years. The reality is this is the greatest thing that you could do foundationally for yourself and for your patient.

Because water, we're three quarters or should be three quarters water and having that water in your body have hydrogen in it and electrical potential is something that you and your patients will feel within the first hours of drinking the water. Wow.

It's delightful for me to do this because we have so many people that reach out and go, Holy cow, I just had this the first time. This is what I'm feeling. Is that normal?

Yes it's normal. So anyways, it's amazing again to me. And again I found it by wanting to help my wife. And then now I have helped millions of people across the world and all these years.

So it's an honor. Just beautiful. Paul, how do how do we get hydrogen into water? So we have a proprietary module that we have developed that first of all, it's very different from any other electrolysis device in the world.

We have two different water supplies because we don't want the water that you're drinking to be in contact with the electrodes themselves. All the other we talked about alkaline water machines earlier, all those other machines, the electrodes are in direct contact with the water you're drinking.

So you can have metals in that water. We don't have that. We have one supply of water that goes into the electrolysis chamber. Once we separate H2. And oh, so you have water that has H2.

And so we separate those back into a gas form one part per million. We send the oxygen back out to the environment and we dissolve the H2 molecule. And the way we do that is different from any other machine where we harvest the H2 gas.

And then we push it out a port to another fresh, clean stream of water that then goes through a dissolving chamber, or what we call a venturi circuit.

And it dissolves that gas into the water as it flows through the machine. And then it comes up and out of the device. So we do that without changing the pH of the source water so it stays the same.

We just are putting hydrogen gas at 1 to 1.2 parts per million. And then we also change the electrical potential to a -450 millivolts. Well, I'm just curious, do you have a specific recommendation about how much hydrogen infused water we should be consuming daily to get the best possible health results and health benefits?

Great question. I always like to look at the body to what it would do naturally to then mimic that, and naturally we would eat three meals a day. We would ferment that food and from the fiber and the short chain fatty acids and medium chain fatty acids, we would create hydrogen gas.

So roughly three times a day you would have a supply of hydrogen gas coming into the body.

How Hydrogen Water Is Produced

So I think this is appropriate to mimic that process. We don't want to have a constant like IV drip of hydrogen water, because the body will just just not even pay attention.

But if we were to drink three times a day, in other words, intermittent exposure, if we were to drink it three times a day, anywhere from 16 to 20oz at a time, this is plenty of hydrogen for the body.

We need to understand that hydrogen is is going to go out of the body through exhaling. Normal breathing. As long as we get it into the body, let's say 2 or 3 times a day.

This is going to modulate all of the pathways. And some of these effects can last up to 3 to 5 days because you've modulated pathways that continue to be modulated and function.

But as long as we get, you know, 2 to 3 times a day, 16 to 20oz of water with hydrogen gas, at least, let's say even Parkinson's with 0.1 parts per million, that's that one tenth of what we put in the water can modulate immune function and neurologic function.

But if you're at least getting half a part per million, that's considered therapeutic in the studies that are out, and we're giving you twice that amount, the reality is 2 or 3 times a day is sufficient.

You can drink more. There's there's no contraindication of every study that's been done. There's no negatives. There's no contraindication from hydrogen being in the body because you just are going to breathe it out anyways.

But that's that's how it is. Just drink 2 or 3 glasses a day and that's perfectly fine for the body. Keep you in tip top shape. You know, I think you would agree that people are sicker today than ever before.

They've been body with constant, chronic, low levels of physical, chemical, emotional, electromagnetic stress. And if we don't find a way to neutralize that from multiple areas, multiple ways, we're not going to be able to help people all that much.

You know, they hit a glass ceiling, some of their symptoms subside, or they become more intermittent that have constant. And we think we've done a great thing for them.

Well, I guess on one level we have, but we haven't done enough and we could do more. So yeah, I agree adding adding hydrogen water to, for example, ongoing chiropractic care, a good nutritional program, proper supplementation, exercise, getting restorative sleep, doing anything to improve cognitive function or neurological function, I think is what everybody needs to be committed to.

Don't you? 100%. And we even have studies showing circadian rhythm is managed by hydrogen in the body. When we start talking about ghrelin secretion. So the fact that hydrogen is stimulating ghrelin ghrelin manages circadian rhythm.

So this is why sleep is off is because people aren't getting ghrelin secretions in their body like they're supposed to, because the gut's not functioning.

So just looking at gorilla and you could spend a 20 hour research on Wikipedia, for heaven's sakes, and look at all the things that ghrelin secretions in the body, this master hormone regulates in the body.

It's amazing. That alone would cause you to want this water in your life. But then you stack on top of that immune function, not having fatigue when you're when you're an athlete or you're exercising.

We have studies showing that that athletes and soccer players was who they studied a double blind study with showed that if they drank the water a half an hour before the game, there was no lactate buildup, no lactate levels in the blood.

There was no fatigue. They just kept playing. Now, I've seen that for many years with individuals that are ultra runners or football players, basketball players, soccer players, they they use our water because they don't fatigue in the same way.

Or you could just be simply not wanting to get tired at 2 p.m. every day. The water will help with that as well. But it's it's everyday life, right? It's like you say, everyone wants to be happy.

They want to fulfill the measure of their creation. They want to have their brain functioning the way it was designed to function. They want to have their organs function, and they just want to be able to go through life and serve other people and do what they're supposed to do.

That's really what this is on a daily basis. It's going to change you. It's going to help your body function at its peak, the way it was designed to. And I can tell you from now 15 years of having this in my life, it's a game changer for sure, for sure.

And one of the things that I think you might have even left out, as if you need more on your list, is I bet. I bet it restores energy, restores recovery.

You know, when someone goes out in the exercises, their recovery rate is a lot faster, a lot more efficient.

Daily Use, Recovery, and Performance Benefits

To me, you know, if you can just drink 16oz of water three times a day and get all that you're criminally insane. Or if you're not doing that now, now, if that's not enough, or you also put frequencies into this water to stimulate healing, could you address that just for a few moments?

Sure. So we have what we call the synergy resonance technology, so built into our echo two machine and the Echo Ultimate machine is the synergy Resonance technology.

Now I'll explain what that is a lot of people understand or have heard of, you know, rave technology, homeopathy, tinctures, bark, flower remedies, all kinds of things out there that use frequencies and energy.

And I think we're all used to shaking hands, hugging people. And there is an exchange of energy. We are energy beings. I think we all should know that energy is a part of our life, and we use energy to navigate this life well.

Plants have energy supplements. I mean, everything has energy. And these energies, what we call subtle energies, can affect things in our body. And that's why people take supplements.

That's why they do tinctures and bark, flowers and homeopathy and all these kind of things because of frequencies and lifeforce energy. So what we did is we had 750 doctors that got together in the world on this project and developed protocols or formulas utilizing 300 and thousand 330,000 frequencies assembled into what we call formulas.

And we, through quantum entanglement, created a system where inside of our machine there is a wireless device. It does not require electricity, Wi-Fi, or Bluetooth.

In Texas, in the United States of America, and in England and in England, we have a server. They are they communicate with our machines one way communication.

That's why we don't need power on the side of our device where the machine is. They receive information and people can go on their phone or a tablet or computer and change the formula, whether it's eyes, whether it's brain, whether it's lungs, whether it's gallbladder, pancreas, whether it's, you know, adrenals, parasite elimination, emotional balance, whatever it is that they want coming into that water as a last step of the machine, after it's gone through and gotten hydrogen and gotten the electrical potential, the last step of the machine is to go through the synergy Resonance technology device.

Now, if you have not registered, it's not functioning and it's as if it's not there, but if you have registered it and it is active, then it will impart subtle energies and frequencies into the water that you have told you want in the water.

And that's the last stage of the machine. It goes through. And so that's the technology. It is a they get it free for 30 days to try it. And after that there's a small, you know, charge monthly.

And they can change the frequencies as much as they want. They can do parasite elimination today. They can do lungs, they can do adrenals. They can do all kinds of things every day and change that up.

But we had a lady at your actually the conference in Atlanta. I don't you remember the last brain tap it's been a while are not brain tapped but master Circle in Atlanta there was a lady who had driven there from Florida and she had parasites.

And she came to our booth at the master circle and said, hey, I was told you have some amazing frequencies in your water. And I people have told me I have parasites and I'm trying to get rid of them, but I can't.

Well, we gave her two glasses of water and within an hour she was in the bathroom eliminating parasites, and she came back to our booth and was like, Holy cow, this is serious stuff.

I just drank this an hour ago and I was in the bathroom eliminating eliminating parasites. And she wrote me an email later saying, for 24 hours I was eliminating parasites.

I mean, these are the kind of things that these subtle energies can do. And what we have really done with these formulas is mimicked what plants, energy and stuff from plants.

And so again, that's just another technology built into the machine. If people want to use it, they can use it. If they don't, they can disregard it. But it's very powerful and very beneficial.

I actually remember that that happened. That was like two years ago and it was an amazing situation. She was she was overwhelmed and so grateful and appreciative.

And not everybody gets the kind of results in an hour. But I would imagine for most people, not everyone. But drinking the hydrogen infused water 16oz three times or more, three times a day, within 2 or 3 or five days, they're probably noticing, a list of changes, improvements in how they feel and how they function.

Yes, absolutely. They will notice within a short period of time.

Synergy Resonance Technology and Frequency Support

And then if they will keep a small journal, they'll be able to go back as people improve, they don't really notice as much because they're just getting better and feeling better.

But if they'll keep a small health journal noting how they're feeling, they can go back and compare to what they felt before and they'll see a vast difference.

Yeah, well, I don't know that I ever shared this with you, and I'm not sure if you're aware of this, but at our super conference a year ago, when we were in Tampa, one of our top doctors purchased your unit, your system, and what he did in the few weeks after the conference is he went out almost every two weeks and bought a dozen roses, and he randomly took six and put them in a vase with tap water and put the other six in a vase with a hydrogen infused water, and was putting pictures of them up side by side on Facebook every day.

And the regular water roses after 3 or 4 days, you could start to see the decay and the degeneration. And after five or 6 or 7 days we're pretty much dead and wilted.

Whereas the roses in the hydrogen infused water looked brand new for like two weeks. It's like they didn't

degenerate. And again, what this speaks so loudly about is that it it it reduces the oxidative stress.

And by reducing the oxidative stress, we slow down the degeneration or aging process to allow us to maintain our youthfulness, usefulness or vitality for longer stretches of time and to me, you know, when you do a double blind study, that's very, very impressive.

But when you can take something this simple is a dozen roses week after week and show the water one's decaying and the hydrogen one staying alive and vibrant.

There's no psychosomatic effect here. There is no predetermination here. It either works or it doesn't. And it clearly worked time and time again. Exactly. That's that.

No, I wasn't aware of that. That's amazing. And funny story. Our video guy Corey just a week and a half ago, started doing a time lapse video on roses.

And we're seeing the exact same thing here where these roses were not touched. We had two vases of a dozen roses each and just left them with a time lapse camera in the room, and all they did was was make sure there was water kept in there.

And we have the exact same effect in a time lapse video. So that's amazing. And yes, it speaks to the fact the same thing is happening to our bodies. If we can see a simple cause and effect with flowers, which there is no placebo effect with flowers, to your point, then what's happening with our bodies?

It's a similar process. So thank you for that sharing that. That's beautiful Paul. People watching this have got to be interested in knowing how do I get one of these units.

Yeah. How do I get this into my office and or my home. You know this is the practice upgrade summit. Well, I can assure you, the healthiest, most energetic doctors tend to do a lot better in practice because they have the energy, the cognitive wherewithal to stay laser focused, to maintain their concentration, to grow their practice, and best serve their patients.

Having your staff drinking this water will help your team perform at higher levels. But in the real world, every one of your patients should be turned on to this.

They should be watching this video, this interview, this conversation. Because I guarantee a lot of them are going to want this as well as the doctor, him or herself.

How does somebody get in touch with you or your company? Synergy science? How do they find out more about the, the hydrogen water system, the echo unit?

How does it how do they perceive what's their next step so they can go to synergy science.com. They can also email us at info at Synergy Science A.com.

Please make sure they mention the Practice Upgrade Summit, because there's going to be special things that we do for them as a result of practice upgrade, special professional pricing that's available only, to them.

But we have a whole system in place that includes not only discounted costs, but more importantly, Synergy Science University, where they can get trained, their staff can get trained, they can know what to say, what not to say.

We have Doctor Herzog who is on, one of our medical directors here, that there's tons of videos that I have tons of videos on the Synergy Science University kind of, studies 101 process.

So we can go over pathology one by one by one and share with them what the study is saying and how to present it to the patients effectively, what to say and what not to say, to patients.

And so we have all the training involved. We have literature available. We have, of course, the machines.

Results, Testimonials, and How to Get Started

All they really need to do is get one machine for their office and share that water. Your patients are going to feel the difference, and then they're going to want to get one for their home.

And we have a whole system where where there's revenue that will go to your practice. You don't need to buy and resell unless you want to. All you need to do is share the link that you have and they your patients will get a 10% discount.

So you'll be the hero. And then we do the installation included in their home so they don't have to worry about it. Shipping is free worldwide. There's so many benefits to this program.

Again, it's a medical professional program that's available for you to upgrade your practice and more importantly, upgrade your patients so that their lives and they can fulfill their divine potential.

That's really what we're about. But that's the way to get Ahold of us. We also, of course, have our toll free number, which is on our website. But it's very easy to get Ahold of us.

But we'll we'll put together a special link for a practice summit to make it easy for them to just get to us and have everything set up and ready for them if they want to go forward where they can put their information in automatically.

Become a professional in our medical professional program and have and unlock all of these benefits. But the Synergy Science University training support.

We have account managers, multiple account managers here that can help you. We even have a chiropractor on staff. So we're here for you and your patients.

Very good. So the name of the company again is Synergy Science. The website is one word synergy science.com or info at Synergy Science. For information I'm going to urge the the people watching and listening to this.

Check it out. Just to let you know, and I don't get anything for this, but I have one in my home. And I think it's an absolute must in today's world. I don't care if you have aging parents or little children, or you're just taking care of you and your spouse, your staff, your patients.

This is a must have in my opinion. Paul, a few moments ago, you called it a game changer. I couldn't agree with you more. I'm sure you have a parting comment.

Oh yeah. I just want to make sure they know synergy. Synergy. Sometimes they hear energy or something. So C and E RG and then science.com. And please we're here to support you and here to change lives together Paul I couldn't thank you enough.

I know how busy your schedule is. I know you're calling from early on the West coast, and, you and I have been friends for a long time, and we're going to be friends forever.

This is a must have, a game changer. Something that will absolutely upgrade your health, your practice, your life, your family, your staff. This molecular hydrogen is a critical thing to improve cognitive function, reduce oxidative stress, lower inflammation, and make you a lot healthier and keep you younger for a lot longer.

Doctor Paul, I greatly love and appreciate you. Thank you so much for being on today's call. Thank you. Love you too. Appreciate it.